|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **5 pts** | **10 pts** | **15 pts** | **20 pts** | **30 pts** | **40 pts** |
| **Food Safety** | **Kitchen Equipment** | **Dinner Time!** | **Meal Plan** | **Food Factory Tours** | **Preparing Food** |
| Take this [Food Safety Quiz](https://play.howstuffworks.com/quiz/food-safety-quiz), utilizing the HINTS in the questions if you are not sure of the answers. Once completed, screenshot your score. Submit the screen shot to Mrs. Pinnell | Look at this article about  [Kitchen Equipment](https://www.cooksmarts.com/cooking-guides/create-a-functional-kitchen/20-must-have-kitchen-tools/)  In your own kitchen attempt to find #’s  4, 7, 8, 12, and 16  Gather together and take a picture, insert here in this square...if you do not have any of these items, list them in this square. | Make/help make dinner for your family!  Complete [this reflection](https://sd79-my.sharepoint.com/:w:/g/personal/jpinnell_sd79_bc_ca/EcyhNEL_j5FFhpmyOMRxjyIBGOoKybQ3IbUko7M7KOZhvA?e=s8gjbF) when done | Create a Meal Plan from the supplies you have in your home  \*\*You will not be making this food, just creating the plan for breakfast, lunch and dinner, using only supplies you already have in the house.  Complete [this reflection](https://sd79-my.sharepoint.com/:w:/g/personal/jpinnell_sd79_bc_ca/ERkPbaypXAVOuXZl1m-2K2EBzKoQfZ4-BDASoXmT1cHWSg?e=pwBEZt) when done | Choose one of the following factory tour videos to watch:  [Bubble Gum](https://www.youtube.com/watch?v=MQhq0UZYWDE) , [Cheez-It's Crackers](https://www.youtube.com/watch?v=kgGRmR7GhGE), [Chipotle Burritos](https://www.youtube.com/watch?v=NjyvLUx3ofM&list=PLTK3k7NSRXiACrpQxaFok8oGPws7A65Qr&index=14)  **A**nswer the questions on the [Food factory tour guide sheet:](https://sd79-my.sharepoint.com/:w:/g/personal/jpinnell_sd79_bc_ca/EbgiqvC99cVDtgMHa3HxWXsBGaW5IcO07uGhTne1N9h2pQ?e=f0E5ok) | Make a **BREAKFAST** meal using at least **7+ ingredients**.  Take at least 3 pictures:  Pic #1 - all your ingredients  Pic #2 - you making the food(s)  Pic #3 - the finished food(s) on a clean plate |
| **5 pts** | **10 pts** | **15 pts** | **20 pts** | **30 pts** | **40 pts** |
| **Game Night** | **Snack Hack** | **Organize!** | **Clean refrigerator** | **Healthy Breakfast** | **Preparing Food** |
| Have a “game night**” with snacks**  Post a photo here of your fun!  [Game Night Ideas](https://playtivities.com/20-family-game-night-ideas/) | Create a “recipe” for your favorite snack on this [recipe template](https://sd79-my.sharepoint.com/:w:/g/personal/jpinnell_sd79_bc_ca/Ecd7X_QSckBJu6DIcjYTay0BT64Ie15PE7Cpyz0xspjP1g?e=aYDyKV)  It must include the 7 parts of a recipe (all areas in grey).  And include a picture of your snack | Find a drawer, a shelf an area of your home that needs to be organized (get permission first) post a before and after photo here: | Clean & organize your **refrigerator**. Throw away old, expired foods (be sure to ask permission first!). Take a BEFORE & AFTER picture.  https://lh3.googleusercontent.com/AjmT5gzfci3Ug_hD0BmjiFIvhQAz3kaLckZgzCgdwsut0qfOHlcfaZszsfqbLEgF68WPkc7G4BG1kZUIzXQM2ZSyqYrM664sZ_280Zp8bpkWdc2xfnhFpFmh7vH_49kYl-EFAx1C | Make a healthy breakfast that includes [macronutrients](https://healthy-kids.com.au/kids/high-school-2/macronutrients/). Take a picture and explain the macronutrients.  EXAMPLE: Wheat Toast (CARB), Scrambled Egg (PROTEIN), AVOCADO (FAT)  https://lh6.googleusercontent.com/qW4fQgxJ0YFNzpmFnbvoF52sFyaa8RhyHmZJo9Ze9kPMFBRtfelL67WK5sda9-YIdluLslKbG38SF_oLdUr1hmN-9jyeBPt9xal4BX6b5ZF7nQ6z-yn4RMIXbNQM8H5UhcVRguZr | Make a **LUNCH** meal using at least **10+ ingredients**.  Take at least 3 pictures:  Pic #1 - all your ingredients  Pic #2 - you making the food(s)  Pic #3 - the finished food(s) on a clean |